

# SENIOR SPARKS

VOLUME 39 ISSUE 11    MANSFIELD SENIOR CENTER ASSOCIATION    NOVEMBER 2013  
303 Maple Road, Storrs Mansfield CT 06268    (860) 429-0262 ext. 5



**THE MANSFIELD SENIOR CENTER ASSOCIATION  
WANTS YOUR GENTLY USED ITEMS FOR THE  
DECEMBER 7 HOLIDAY BAZAAR**



**PLEASE DROP OFF YOUR CONTRIBUTIONS AT THE SENIOR CENTER.**

***(NO CLOTHING, SHOES, HANDBAGS, TVs OR COMPUTERS, PLEASE.)***

## **JOIN THE SENIOR CENTER'S CELEBRATION OF SESAME STREET'S BIRTHDAY**

**AT 1:00 ON  
WEDNESDAY, NOVEMBER 20**

**KAY JANNEY  
UConn DRAMATIC ARTS PROFESSOR**

**WILL PRESENT**

## **A SPIRITED PROGRAM ON PUPPETS**

**LEARN TO MANIPULATE A  
PUPPET, SING SOME OLD  
SESAME STREET SONGS  
& ENJOY BIRTHDAY CAKE !**

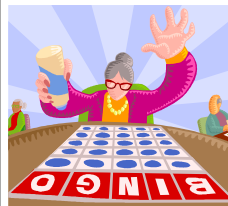


## **AFTERNOON FAREWELL TEA FOR LINDA WOHLLEBE**

**TUESDAY  
NOVEMBER 12  
AT 1:00**



## **THE MANSFIELD SENIOR CENTER ASSOCIATION NEEDS VOLUNTEERS FOR:**



### **BINGO CALLER:**

**1:00 - 3:30 ON TUESDAYS**

**PLEASE LEAVE YOUR NAME  
& PHONE NUMBER AT  
THE FRONT DESK.**

### **FRONT DESK RECEPTIONISTS:**

- MINIMUM OF ONE 3-HOUR SHIFT A WEEK
- GREET NEW PEOPLE
- GIVE OUT INFORMATION,
- ANSWER PHONES & RE-DIRECT CALLS
- DIRECT PEOPLE TO ROOMS, SENIOR CENTER STAFF & MSCA OFFICE
- REGISTER NEW MSCA MEMBERS
- COLLECT & RECORD MONEY FOR ITEMS SOLD (JEWELRY, KNITTED ITEMS & SENIOR SPARKS NEWSLETTERS) & FOR FEES FOR SOME CLASSES & PROGRAMS
- SIGN UP SENIORS FOR SOME COMPUTER CLASSES, VAN TRIPS & OTHER PROGRAMS



**PLEASE FILL OUT AN APPLICATION  
AT THE FRONT DESK.**

## SENIOR SPARKS IS A PUBLICATION OF THE MANSFIELD SENIOR CENTER ASSOCIATION

SUGGESTIONS & SUBMISSIONS TO THE *SPARKS* CAN BE PUT IN THE  
*SPARKS* MAILBOX AMONG THE MSCA MAILBOXES AT THE SENIOR CENTER  
OR SENT TO: CYNARASTITES@GMAIL.COM  
BY THE **10TH DAY OF THE MONTH** FOR THE NEXT MONTH'S ISSUE.

*SPARKS* EDITOR: CYNARA STITES

*SPARKS* COMMITTEE CHAIR: RITA BRASWELL

*SPARKS* MANAGER: KATHY RULE

*SPARKS* FINANCES: HOWARD RAPHAELSON

*SPARKS* PROOFREADERS/FACT-CHECKERS:

RITA BRASWELL, DICK SALLEE, KATHY RULE & MARILYN GERLING

*SPARKS* COPYING: RITA BRASWELL, DICK SALLEE & LIDA BILOKUR

ASSEMBLING THE *SPARKS* MAILING:

JUNE CURTIS, LIDA BILOKUR, RITA BRASWELL & VOLUNTEERS

MAILING THE *SPARKS*:

HOWARD RAPHAELSON, RITA BRASWELL & DICK SALLEE



## MANSFIELD SENIOR & WELLNESS CENTER

303 MAPLE ROAD

STORRS MANSFIELD, CT 06268

HOURS: MON - FRI 8:30 A.M. - 4:30 P.M.

SENIORCENTER@MANSFIELDCT.ORG

WWW.MANSFIELDCT.ORG

**(860) 429-0262**

RECEPTIONIST/FRONT DESK EXT **0**

MANSFIELD SENIOR CENTER  
ASSOCIATION EXT **5**

SENIOR CENTER COORDINATOR  
CINDY DANTON EXT **9**

DAINTONCH@MANSFIELDCT.ORG

TRANSPORTATION MANAGER  
GIANNA STEBBINS EXT **2**  
STEBBINS@MANSFIELDCT

ADMINISTRATIVE ASSISTANT  
VACANT EXT **3**

WELLNESS CENTER APPOINTMENTS  
KATHY YAFFEE EXT **4**

SOCIAL WORKERS  
KATHY ANN EASLEY, MSW EXT **1**  
BETH HANKINS, LCSW EXT **6506**

LUNCH PROGRAM/KITCHEN  
SHARON CARON EXT **8**

## MANSFIELD SENIOR CENTER ASSOCIATION EXECUTIVE BOARD

PRESIDENT: ESTELLE ELLIOTT

VICE-PRESIDENT: JEAN ANN KENNY

SECRETARY: BEV GOTCH

FINANCE OFFICER: DON STITTS

TREASURER: MIKE BESCHLER

ASSISTANT TREASURER: KATHY RULE

IMMEDIATE PAST PRESIDENT & *SPARKS* COMMITTEE: RITA BRASWELL

COMPUTER COMMITTEE: VACANCY

PROGRAM PLANNING COMMITTEE: JOAN TERRY & MARIE HAKMILLER

TRAVEL COMMITTEE: KAY WARREN

WAYS & MEANS COMMITTEE: VACANCY



## MANSFIELD SENIOR CENTER ASSOCIATION MEETINGS

EXECUTIVE BOARD  
SECOND WEDNESDAY AT 10:30

**NO** *SPARKS* COMMITTEE MEETINGS  
IN **OCTOBER OR NOVEMBER**

COMPUTER COMMITTEE  
FIRST TUESDAY AT 2:30

**NO** TRAVEL COMMITTEE MEETING

WAYS & MEANS COMMITTEE  
SECOND TUESDAY AT 10:0

*THANKS TO JUNE CURTIS AND THE  
VOLUNTEERS WHO ASSEMBLED  
THE OCTOBER SPARKS MAILING:  
JOHN ADAMCHICK, LIDA BILOKUR,  
RITA BRASWELL, JIM CAMPETELLE,  
BERYL GRIFFIN, SUSAN J. KWASTEL,  
AND KAREN PETERS.*

*THANKS TO BEV GOTCH FOR CODING  
THE MAILING LABELS.*

**MSCA PRESIDENT'S COLUMN**

HELLO FELLOW SENIORS,

A NEW MONTH IS HERE AND THE WEATHER IS CHANGING QUICKLY. WE ARE FORTUNATE THAT MANY NEW PEOPLE HAVE SIGNED UP TO BE MEMBERS OF THE ASSOCIATION. THAT MAKES ME FEEL WE (ALL OF US) MUST BE DOING SOMETHING CORRECTLY.

THE CRAFT & COLLECTIBLES FAIR WAS TO MY STANDARDS A BIG SUCCESS. WE CLEARED OVER \$580. THE INFLUX OF SHOPPERS WAS THE BEST CROWD YET. WE ARE ALWAYS LOOKING FOR DIFFERENT CRAFTS, SO IN YOUR TRAVELS KEEP IN MIND TO COLLECT CRAFTERS' BUSINESS CARDS AND PASS THEM ON TO ME OR OTHERS ON THE WAYS AND MEANS COMMITTEE.

THERE IS STILL A NEED FOR A CHAIRPERSON FOR THE WAYS AND MEANS COMMITTEE. THIS IS THE MAIN MEANS OF MAKING MONEY TO MAKE IMPROVEMENTS FOR OUR CENTER.

THE HOLIDAYS ARE FAST APPROACHING. THERE IS MUCH TO LOOK FORWARD TO.

ESTELLE ELLIOTT

**SAVE THE DATE !**

**MSCA QUARTERLY  
MEMBERSHIP MEETING**

**WEDNESDAY, DECEMBER 11 AT 12:45**



**TO THE MANSFIELD  
SENIOR CENTER ASSOCIATION'S  
NEWEST MEMBERS**

**JIM ABERT  
RAYMOND CHAPUT  
SHIRLEY DUNNACK  
FRANCES HORILA  
GUY LEFOR  
BOB PATULAK  
MARIE PATULAK  
JACKIE PEOPLES  
JUNE SAMUELS  
BARBO SIMMONS  
KAREN L. TAYLOR**

**FESTIVAL ON THE GREEN**

THE MANSFIELD SENIOR CENTER ASSOCIATION PARTICIPATED IN THE FESTIVAL ON THE GREEN ON SEPTEMBER 22. VOLUNTEERS AT THE MSCA BOOTH ENGAGED FESTIVAL GOERS, PROVIDED MUSIC, GAVE OUT COPIES OF *SENIOR SPARKS*, AND DEMONSTRATED & TAUGHT CHILDREN ABOUT KNITTING, CROCHETING, & SPINNING YARN FROM WOOL. THE VOLUNTEERS WERE: SUE KWASTEL, CAROL PHILIPS, JOAN DOIRON, ESTELLE ELLIOT, ALMA MALDONADO-CORDNER & PHYLLIS KEYES.

**CRAFT & COLLECTIBLES FAIR**

THE SUCCESSFUL CRAFT & COLLECTIBLES FAIR WAS MADE POSSIBLE BY THE DEDICATED VOLUNTEERS WHO HELPED PREP THE TABLES, SERVED FOOD AND BAKED DELICIOUS GOODIES: TONI DRESCHER, KATHY RULE, ALMA MALDONADO-CORDNER, MARGARET EASTON, KAY WARREN, ESTELLE ELLIOTT, GEORGINA HENDRICKS, DONNA FAIRFIELD, BONNIE MILLER AND OTHERS WHOSE NAMES REGRETTABLY MAY HAVE BEEN OVERLOOKED.

**IN MEMORY OF**

**SUSAN WALSH ADAM  
MARGARET "PEG" MACDERMID DAVIS**



**DOROTHY DEPRAY  
JOAN JOFFE HALL  
MADELINE MANNING  
PHILIP MARCUS  
MAYBELLE MCCORMICK  
SAM SHEPARDSON  
ROGER WILKENFELD**

## JORGENSEN AUDITORIUM "2 FOR 1" SENIOR TICKETS



TO BE ELIGIBLE, YOU MUST BE ON RECORD AS AN MSCA MEMBER AND YOU MUST PUT YOUR NAME ON THE "JORGENSEN LIST" IN-PERSON AT THE SENIOR CENTER. THE SENIOR CENTER SENDS AN UPDATED LIST OF NAMES TO JORGENSEN ON THE 1ST MONDAY OF EACH MONTH. THEN YOU CAN BUY TICKETS BY GOING TO OR CALLING THE JORGENSEN BOX OFFICE (860 486-4226). JORGENSEN'S LIMIT IS 12 TICKETS FOR ELIGIBLE SHOWS.

## MANSFIELD SENIOR CHORUS EVERY MONDAY 1:30 - 3:00

IF YOU LIKE TO SING, COME JOIN US !  
YOU DON'T HAVE TO BE A "SENIOR" !



WE PERFORM AT LOCAL NURSING HOMES, SENIOR HOUSING & REHABILITATION FACILITIES.

FOR MORE INFORMATION,  
CALL ELLIE LAMB AT 860 423-3465

## DUPLICATE BRIDGE RESULTS



### AUGUST 30

#### NORTH/SOUTH

- |                                   |      |
|-----------------------------------|------|
| 1. ADDIE SPECYALSKI & PAUL SAWYER | 81   |
| 2. JERRY SHAFFER & SAM WHEELER    | 77   |
| 3. MADGE VINING & JOHN ALLEN      | 56.5 |

#### EAST/WEST

- |                                    |      |
|------------------------------------|------|
| 1. MARY BROWN & SUE COWEN          | 78   |
| 2. NAPPY GAUTHIER & HELEN GAUTHIER | 66.5 |
| 3. BARB HOOD & MIKE STEPHENS       | 63.5 |

### SEPTEMBER 20

#### NORTH/SOUTH

- |                                   |      |
|-----------------------------------|------|
| 1. JERRY SHAFFER & SAM WHEELER    | 79.5 |
| 2. LAVIDA MEAD & GEORGE WALLER    | 72   |
| 3. ANDREA MARSHALL & JOAN BALDWIN | 65.5 |

#### EAST/WEST

- |                                 |      |
|---------------------------------|------|
| 1. RITA POLLACK & HELEN COLLINS | 81   |
| 2. KATHY WATSON & SHEP SHEPARD  | 74   |
| 3. ELLIE TAMBORNINI & SUE LOSEE | 71.5 |

## GENEALOGY GROUP

TUESDAY, NOVEMBER 12 AT 10:00

ALL ARE WELCOME - INCLUDING BEGINNERS - TO JOIN OUR DISCUSSION REGARDLESS OF HOW FAR INTO GENEALOGY YOU ARE. THE LEADER BRINGS NEW INFORMATION TO EACH GROUP, AND WE ALL SHARE OUR KNOWLEDGE & PROGRESS.

WE TRY TO GIVE EACH OTHER HELP AND IDEAS FOR RESEARCHING A FAMILY'S GENEALOGY.

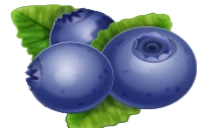
## BLUEBERRY STUDY

BLUEBERRIES MUST BE ORDERED BY  
NOON ON THURSDAY, NOVEMBER 7.

NO EXCEPTIONS !!

BLUEBERRY PICK-UP WILL BE AT 11:00 A.M.

ON FRIDAY, NOVEMBER 15 IN SENIOR CENTER PARKING LOT



BLUEBERRIES ARE AVAILABLE TO STUDY PARTICIPANTS ONLY. HOWEVER, YOU MAY BECOME A NEW PARTICIPANT IN THIS STUDY BY LEAVING A MESSAGE FOR HOWARD RAPHAELSON AT 860-429-0262 EXT 1.



FRIDAY, NOVEMBER 8  
AT 11:00

VETERANS DAY CELEBRATION  
AT  
MANSFIELD COMMUNITY CENTER

## GET A FREE HEARING TEST AND HELP UCONN RESEARCHERS DEVELOP A LOW COST COMPUTERIZED HEARING TEST



VOLUNTEER 50+ YEAR OLD SENIORS  
ARE NEEDED TO GET HEARING TESTS BY  
ADVANCED AUDIOLOGY EQUIPMENT AND  
BY A NEW COMPUTERIZED TEST

CALL: DR. CIENKOWSKI AT 860-486-3289 FOR  
AN APPOINTMENT AT UCONN AUDIOLOGY LAB.

**MANSFIELD SENIOR CENTER ASSOCIATION COMPUTER LEARNING CENTER**

**FREE HELP FOR PC USERS WITH DAN GEBBEN**  
EVERY MONDAY 10:00 TO 11:00

**FREE "PHOTO CLUB" WITH DAN GEBBEN**  
AN ONGOING CLUB OPEN TO ALL ON 1ST & 3RD  
FRIDAY OF THE MONTH, 10:00 TO NOON

**FREE HELP FOR MAC USERS BY APPOINTMENT**  
LEAVE MESSAGE FOR MIKE PALMER  
AT 860 429-0262 EXT 7

**SENIOR DISCOUNTS**

**AERO DINER** - 10% DISCOUNT OFF MEALS FOR A GROUP  
OF AT LEAST 6 SENIORS

**APOLLO RESTAURANT** - SENIOR MENU

**BIG Y (MANSFIELD)** - NO ANNUAL FEE FOR SILVER CARD  
(GUARANTEES SILVER COIN PRICES), 65+

**CUMBERLAND FARMS** - 99 CENTS - ANY SIZE COFFEE,  
TEA OR ICED COFFEE, ALL AGES

**DOG LANE CAFÉ** - ASK FOR 'SENIOR COFFEE' - \$1

**DUNKIN DONUTS** -10% OFF FOOD & FREE COFFEE  
WITH FOOD, 55+

**FRIENDLY'S** - SENIOR MENU, 60+

**HALLMARK** - 10% OFF REGULARLY PRICED ITEMS ON  
TUESDAYS, 55+

**HEAD HUSKY** - \$16 HAIRCUT FOR MEN 65+

**KFC** - FREE SMALL DRINK WITH MEAL, 55+

**KOHL'S** - 15% OFF ON WEDNESDAYS, CANNOT BE  
COMBINED WITH OTHER COUPONS OR SALE, 60+

**MANSFIELD MOVIEPLEX** - \$6 FOR ALL SHOWS, 63+

**MARINELLO SCHOOL OF BEAUTY**—25% OFF ALL  
SERVICES - HAIRCUTS, PERMS, MANICURES, ETC., 60+

**MCDONALD'S** - ASK FOR "SENIOR COFFEE," 84 CENTS

**MICHAEL'S** - 10% OFF ON TUESDAYS WITH AARP CARD

**TACO BELL** - FREE SODA WITH MEAL

**WENDY'S** - FREE BEVERAGES EXCEPT FROSTY &  
SIGNATURE DRINKS, ASK FOR 'SENIOR DRINK,' 60+

**YORK'S BARBER SHOP** - \$14 HAIRCUT FOR MEN, 65+

**YUKON JACK'S** - 10% OFF ENTRÉE, 65+

**DO YOU KNOW ABOUT OTHER SENIOR DISCOUNTS?**  
**PLEASE PUT IN SPARKS MAILBOX AT THE SENIOR CENTER**  
**OR E-MAIL TO CYNARASTITES@GMAIL.COM.**

**BASIC WORD WITH MIKE BESCHLER**

MICROSOFT WORD IS THE ESSENTIAL TOOL FOR TYPING  
(WORD PROCESSING) ON THE COMPUTER.

THIS CLASS IS DESIGNED FOR SENIORS  
WHO HAVE NO KNOWLEDGE OF WORD.



USING WORD 2010, THE CLASS WILL COVER  
HOW TO BEGIN USING WORD, TO TYPE WORDS & NUMBERS,  
TO CORRECT MISTAKES, TO CHANGE THE FONT, SIZE & COLOR  
OF WORDS, TO GIVE A DOCUMENT A NAME, TO SAVE, FIND &  
RE-OPEN A SAVED DOCUMENT AND TO PRINT A DOCUMENT.  
CLASS IS LIMITED TO 6 STUDENTS. SIGN UP AT FRONT DESK.  
\$10 FOR TWO CLASSES. 1:00 TO 4:00 ON  
TUESDAY NOVEMBER 12 & THURSDAY, NOVEMBER 14

**ADVANCED WORD WITH MIKE BESCHLER**

THIS CLASS IS FOR SENIORS WHO ARE FAMILIAR WITH WORD  
AND WANT TO LEARN MORE ABOUT THE TECHNIQUES IN  
WORD 2010. INSTRUCTOR HAS SPECIFIC TOPICS PLANNED  
BUT WILL TRY TO ADDRESS STUDENTS' INTERESTS, NEEDS AND  
QUESTIONS. CLASS IS LIMITED TO 6 STUDENTS. SIGN UP AT  
FRONT DESK. \$10 FOR TWO CLASSES. 1:00 TO 4:00 ON  
TUESDAY, NOVEMBER 19 & THURSDAY, NOVEMBER 21

**INTERNET WITH GEORGE JONES**

LEARN HOW TO BROWSE THE INTERNET,  
TO SEARCH FOR INFORMATION,  
& HOW TO PURCHASE & SELL ITEMS.  
THE INS AND OUTS OF E-MAILING.  
CLASS IS LIMITED TO 8 STUDENTS.  
SIGN UP AT FRONT DESK.



\$10 FOR TWO CLASSES. 9:00 TO 11:00 ON  
WEDNESDAY, NOVEMBER 6 & WEDNESDAY, NOVEMBER 13

**SALVATION ARMY  
THRIFT STORE DISCOUNTS**

OPEN 10:00 - 6:00 MONDAY - SATURDAY  
EXCEPT WEDNESDAYS 9:00 - 8:00

STUDENTS, MILITARY & VETERANS - 25% OFF EVERY DAY

WEDNESDAYS (FAMILY DAYS) 50% OFF ALL CLOTHES  
EXCEPT ONES WITH A DESIGNATED COLORED TICKET. ANY AGE

THURSDAYS & FRIDAYS - \$1.99 FOR CLOTHES WITH  
A DESIGNATED COLOR TICKET. ANY AGE



**WELLNESS PROGRAMS**

**PLEASE CALL KATHY YAFFEE AT 860 429-0262 EXT 4  
MONDAY THROUGH FRIDAY, 10:00 TO 1:30  
TO SCHEDULE APPOINTMENTS  
WITH THE PROVIDERS LISTED BELOW.**

**ADULT HEALTH SCREENINGS by VNA East  
Nurse Mary Hess.** Blood pressure, cholesterol,  
blood glucose, earwax and foot care.  
Wednesday, November 20, 2:15 - 4:00.

**FREE BLOOD PRESSURE CHECKS** on the first  
Wednesday of the month - November 6 - 11:30 to  
noon sponsored by Hermann Blood Pressure Clinic

**FOOTCARE with Dr. Walter**, Podiatrist, Tuesday,  
November 12, 9:00 to noon. Medicare will be billed  
if you are eligible. Dr. Walter carries Dr. Comfort  
shoes, including M/C Diabetic shoes.

**MINI-SPA** on Monday, November 18 from 9:00 to  
12:15. \$10 haircuts by Michelle & \$10 manicures or  
pedicures by Hope

**REIKI** WITH BETTE GIORDANO. ONE-HOUR SESSIONS ON  
NOVEMBER 7, 9:00 - 11:00 COST: \$30 PER HOUR  
PAYABLE TO BETTE GIORDANO

**ELDERCARE LAW:** ATTORNEY GATES FROM  
CONNECTICUT Legal Services provides free legal  
consultations to people 60 years or older on the  
fourth Monday of each month - November 25 -  
1:00-3:00

**SOCIAL WORKERS**

**MANSFIELD HUMAN SERVICES HAS TWO SOCIAL WORKERS  
AT THE SENIOR & WELLNESS CENTER TO ASSIST MANSFIELD  
RESIDENTS THROUGH A VARIETY OF SERVICES.**

**KATHY ANN EASLEY, MSW IS AVAILABLE  
MONDAY THRU FRIDAY, 8:30 - 4:30  
860 429-0262 EXT 1**

**BETH HANKINS, LCSW IS AVAILABLE  
TUESDAYS & THURSDAYS, 10:00 - 2:00  
860 429-0262 EXT 6506**

**SUPPORT GROUPS**

**CAREGIVERS SUPPORT GROUP**  
with Beth Hankins, LCSW  
meets the third Thursday of each month  
- November 21 - at 6:30 p.m.

**LOW VISION GROUP**  
meets on November 18 at 11:00.

**MS SUPPORT GROUP**  
meets the second Tuesday of each month  
- November 12 - in the Craft Room at 7:00 p.m..  
For more information, please contact  
Joan at 860-429-7271 or Jennifer at 860-450-0530.

**CONVERSATIONS WITH BETTY**

**THURSDAY, NOVEMBER 7, 11:00 - NOON**  
Everyone is welcome for this friendly, lively  
discussion. If you have any questions,  
please call Betty at 860-429-6324

***MEDICARE ABC'S (AND D)***  
**MONDAY, NOVEMBER 4 AT 12:45**

**A "MEDICARE 101" WORKSHOP:**

- **CHANGES IN MEDICARE IN 2014**
- **OPTIONS FOR MEDICARE PLANS**
- **MEDICARE SUPPLEMENTS VS. MEDICARE  
ADVANTAGE PLANS**

**BY MARK HAND FROM LONG VIEW,  
AN INDEPENDENT INSURANCE AGENCY REPRESENTING  
ALL OF THE MAJOR INSURANCE COMPANIES**

***MEDICARE OPEN ENROLLMENT***  
***OCTOBER 15 — DECEMBER 7***

*In most cases, this may be the only change  
you have to make to your health and  
prescription coverage for 2014.  
If you need assistance with choosing a plan,  
call Kathy Ann Easley, MSW,  
at the Senior Center — 860 429-0262 ext 1.*

**DO YOU NEED TRANSPORTATION?****FREE TRANSPORTATION**

— FOR MANSFIELD RESIDENTS ONLY —  
IS AVAILABLE FOR MEDICAL OR WELLNESS  
APPOINTMENTS (INCLUDING HAIRCUTS & MASSAGES).  
MAKE REQUESTS AT LEAST 7 – 10 DAYS AHEAD.

14 DAYS ADVANCE NOTICE IS REQUIRED FOR RIDES TO  
APPOINTMENTS AS FAR AWAY AS GLASTONBURY,  
FARMINGTON, MANCHESTER & NEWINGTON.

CALL GIANNA STEBBINS  
VOLUNTEER TRANSPORTATION MANAGER  
AT 860 429-0262 EXT 2.

**DIAL-A-RIDE**

PROVIDES RIDES TO BIG Y &  
THE MANSFIELD SENIOR CENTER.  
COST IS \$1.50 EACH WAY FOR PEOPLE UNDER AGE 60  
AND IS FREE FOR PEOPLE OVER AGE 60  
AND FOR PEOPLE WITH MEDICARE CARDS.  
CALL DIAL-A-RIDE AT 860 456-1462.

**MANSFIELD COMMISSION ON AGING  
MEETS ON TUESDAY, NOVEMBER 12****9:30 - 11:30****AT  
MANSFIELD SENIOR CENTER****A.A.R.P. DRIVER SAFETY COURSE***taught by Lynne White, District Coordinator,***Tuesday, November 12th,  
9:00 AM to 1:00 PM**

A.A.R.P. Members - \$12  
(please bring your card)  
non-Members - \$14  
payable to instructor at first class

**SIGN UP EARLY** by calling Senior Center  
at 860 429-0262 ext 4 because  
class is limited to 25 people.

**SENIOR CENTER OUTINGS  
IN OUR NEW VAN****MANSFIELD BIG Y****WEDNESDAY, NOVEMBER 6 AT 12:30**

PICK-UPS AT JENSEN'S, GLEN RIDGE,  
WRIGHTS WAY & JUNIPER HILL

**MASHANTUCKET PEQUOT MUSEUM  
& LUNCH AT MYSTIC PIZZA****THURSDAY, NOVEMBER 7**

PAY FOR LUNCH & \$15 FOR MUSEUM ADMISSION

**"GOOD FELLAS" AT  
GOODSPEED OPERA HOUSE  
& LUNCH****WEDNESDAY, NOVEMBER 13**

PAY FOR LUNCH & \$58 FOR ORCHESTRA SEATING

REGISTER FOR ALL TRIPS IN ADVANCE AT FRONT DESK  
OR BY CALLING 860 429-0262 EXT 0

**NUTRITION CHOICES  
FOR OLDER ADULTS**

THIS FUN AND INTERACTIVE WORKSHOP IS DESIGNED  
TO TEACH NUTRITION BASICS AND THE IMPORTANCE OF  
EATING HEALTHFULLY AT AN OLDER AGE.  
WE WILL REVIEW THE DIFFERENT FOOD GROUPS  
AND HOW OUR DIET CHANGES AS WE GET OLDER.

**ENJOY A COOKING DEMONSTRATION  
& A HEALTHFUL SNACK****WEDNESDAY, NOVEMBER 13 AT 1:00**

PLEASE SIGN UP AT THE FRONT DESK  
FOR THIS FREE PROGRAM BY NOVEMBER 8.



## MANSFIELD SENIOR CENTER ASSOCIATION — SPONSORED TRIPS

GET INFORMATION & MAKE RESERVATIONS AT THE TRAVEL DESK - 860 429-0262 EXT 6  
8:45 TO 2:00 ON MONDAY, WEDNESDAY & FRIDAY & 10:00 TO NOON ON THURSDAY.

YOU ALSO CAN MAKE RESERVATIONS, GET INFORMATION AND  
MAKE SUGGESTIONS FOR TRIPS BY CALLING KAY WARREN AT 860 487-3744.

### CLAMS & CASINOS — CAP'N JACKS & MOHEGAN SUN

ON TUESDAY, NOVEMBER 14TH

PACKAGE INCLUDES A VISIT TO MOHEGAN SUN CASINO WITH A CASINO BONUS,  
LOBSTER LUNCHEON AT CAP'N JACKS IN WARWICK, R. I., AND  
ROUNDTrip MOTOR COACH TRANSPORTATION & DRIVER GRATUITY,  
**\$74 PER PERSON**



### COLONIAL CHRISTMAS: HISTORIC CONCORD COLONIAL INN IN CONCORD, MASSACHUSETTS & COLONIAL CANDIES

ON TUESDAY, DECEMBER 10TH

PACKAGE INCLUDES PRESENTATION ON INN'S HISTORY & LUNCHEON,  
ROUNDTrip MOTOR COACH TRANSPORTATION & DRIVER & TOUR GUIDE GRATUITIES,  
**\$81 PER PERSON**

### "DREAM LOVERS" AT THE TAJ MAHAL ON THE ATLANTIC CITY, NJ BOARDWALK

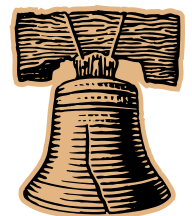
FEBRUARY 18 - 20 (3 DAYS)

PACKAGE INCLUDES TWO NIGHTS AT THE TAJ MAHAL HOTEL, \$60 SLOT BONUS AT THE  
TAJ MAHAL HOTEL CASINO, "BOBBY DARIN & CONNIE FRANCIS TRIBUTE" SHOW AT  
XANADU THEATRE IN THE HOTEL, BREAKFAST & DINNER BUFFETS AT THE HOTEL,  
ROUND TRIP DELUXE MOTOR COACH TRANSPORTATION, DRIVER'S GRATUITY,  
HOTEL BAGGAGE HANDLING & TAXES. **\$292 SINGLE, \$186 DOUBLE OR \$181 TRIPLE OCCUPANCY**



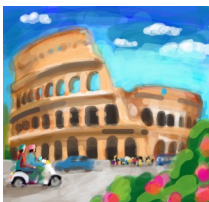
### PENNSYLVANIA DUTCH COUNTRY, "MOSES" & PHILADELPHIA LIBERTY BELL JUNE 24 - 26 (3 DAYS)

PACKAGE INCLUDES TWO NIGHTS AT HERITAGE HOTEL IN LANCASTER, PA, RESERVED SEATS  
AT SIGHT & SOUND FOR "MOSES," FIVE MEALS AT 4 VENUES, STRASBURG RAILROAD MUSEUM,  
BIRD IN HAND FARMERS MARKET, KITCHEN KETTLE VILLAGE &  
PHILADELPHIA GUIDED TOUR OF LIBERTY BELL, BETSY BOSS & INDEPENDENCE HALL,  
ROUND TRIP DELUXE MOTOR COACH TRANSPORTATION, DRIVER'S GRATUITY, HOTEL BAGGAGE HANDLING & TAXES.  
**\$493 SINGLE, \$393 DOUBLE OR \$383 TRIPLE OCCUPANCY**



### ITALIA CLASSICA — TO ROME, VENICE, MILAN & FLORENCE

NOVEMBER 8 - 16, 2014 (9 DAYS)



**UNDER \$3,000 PP. DOUBLE OCCUPANCY. PASSPORT NEEDED.**

FLYERS AVAILABLE AT THE SENIOR CENTER OR SEE KAY WARREN.

A COLLETTE VACATIONS REPRESENTATIVE WILL HOLD AN INFORMATIONAL MEETING AT  
THE SENIOR CENTER IN DECEMBER OR JANUARY. WATCH FOR THE DATE IN SPARKS.



**MEAL PROGRAM**

The TVCC meal program is subsidized through the Older Americans Act and is available to seniors 60 years or older for a suggested donation of **\$3.00**.

Seniors who are younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is now **\$9.78**. Reservations must be made by 10:00 a.m. one day in advance.

Guests and new members must complete a registration form at the time they make a reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

**NOVEMBER MENUS**

Fri, Nov 1: Spanish beef stew

Mon, Nov 4: Swedish meatballs

Tues, Nov 5 : stuffed chicken w/broccoli & cheese

Wed, Nov 6: Salisbury steak w/gravy

Thurs, Nov 7: baked chicken riganato

Fri, Nov 8: cheese ravioli

Mon, Nov 11: CLOSED - VETERANS DAY

Tues, Nov 12: sloppy Joes

Wed, Nov 13: cod Florentine

Thurs, Nov 14: stuffed shells w/marinara

Fri, Nov 15: braised pork w/gravy

Mon, Nov 18: all beef hot dog

Tues, Nov 19: chicken Marsala

Wed, Nov 20: cheeseburger noodle casserole

Thurs, Nov 21: baked cod w/tomato garlic compote

Fri, Nov 22: roasted turkey w/gravy

**\*\* THANKSGIVING CELEBRATION \*\***

**YOU MUST SIGN UP BY  
10:00 on NOVEMBER 5 !**



Mon, Nov 25: Hungarian chicken paprika

Tues, Nov 26: eggplant rolette

Wed, Nov 27: meatloaf w/gravy

Thurs, Nov 28: CLOSED - THANKSGIVING

Fri, Nov 29: CLOSED

**NOVEMBER BIRTHDAYS**

**BIRTHSTONE: TOPAZ FLOWER: CHRYSANTHEMUM**

1 - ELIZABETH LANG, JUDY LESTER, ROBERT LESTER

3 - DONALD DEBELLA, KAY WARREN

5 - JOAN COLE, KARIN RICKARDS, LAURA SPRAGUE

6 - EILEEN CURRON, CATHERINE STRAUCH, HERBERT PERKINS

7 - RICHARD HOBBY, MARY ELIZABETH LONG, ROBERT MARROTTE, KATHERINE RICHARDS

8 - ROY CAMPBELL

9 - CAROLYN ALFAND, NELSON ORRINGER, CLAIRE SOLTESZ

10 - DONALD HOYLE

11 - LYLE HESELTON, JAMES LETA, DAVID LIMBERGER, ROSE MORTON, HAZEL RUBINS

12 - LINDA LEE HILL, EDWARD WONG

13 - STANLEY BEVIN, ELIZABETH LACOUTURE, NELL MULKERN, BOBBIE PALMER, EDITH TAYLOR

14 - PRISCILLA BAKKE, ELEANOR COSTELLO

15 - SHERMAN CLEBNIK, JUDITH MARCUS, MARILYN SMITH

16 - HELEN ARMSTRONG, UENDA HICKING, EDWIN HODGKINS, BENEDICT MACIUIKA, ELEANOR PETERS

17 - ROGER CROSSGROVE, VIRGINIA TODD, EVELYN VEGIARD, RICHARD WARREN

18 - CAROL AMES, LILLIAN LAWRENCE, ANITA SATRIANO

19 - SHIRLEY MALINOWSKI, PASCAL PRIGNANO

20 - MICHAEL GERALD, BARRY JUHASZ, GINA MASTRANGELO, NORA STEVENS

21 - WALTER CARR, ALICE JANSEN, LINDA LEE DOUBLEDAY, ANNIE RAYNOR, KENNETH TREMBLAY

23 - LINDA MILES, PETER RICH

24 - LINDA DOS SANTOS, BEVERLY ELWOOD, VIRGINIA FIELD, TOM GORIN, VIRGINIA GORIN, RAVI JAIN, KENDALL RHEE

25 - BRENDA CHASE, TINU FU, CAROLE HALL, ELAINE RUSSO, DONALD WETHERELL

26 - EVELYN DROUIN, ANN SMITH, KARNA SECKER

27 - SUSAN GILL, CHERYL MCCLAIN, DAVID PALMER, CHRISTY RAFFA

28 - YUAN-GEN YIN

29 - GEORGE CAMPBELL, RICHARD LONG

30 - BILL COUGHLIN, GEORGE DANKS,

**SAVE THE DATE !**

**WEDNESDAY, DECEMBER 11**

**1:30 TO 4:00**

**HOW TO DIE IN OREGON**

**AN ACCLAIMED FILM ABOUT OREGON'S "DEATH WITH DIGNITY" LAW  
WOULD YOU WANT THE RIGHT TO CHOOSE WHEN IT'S YOUR TIME?**

PRESENTED BY

MARISA LINDSEY & TIM APPLETON

OF

**COMPASSION AND CHOICES**

**A NON-PROFIT ORGANIZATION WORKING TO PROTECT**

**AND EXPAND OPTIONS AT THE END OF LIFE**

**FOR CONNECTICUT RESIDENTS**

**WWW.COMPASSIONANDCHOICES.ORG**

**POLLS ARE OPEN FROM 6:00 A.M. TO 8:00 P.M.**

## NOVEMBER CALENDAR

## THURSDAYS

## VAN TRIP TO MASHANTUCKET PEQUOT MUSEUM & MYSTIC PIZZA - NOV 7

## 8:30 STRENGTH & STABILITY

9:00 TAI CHI

9:00 REIKI WITH BETTE - NOV 7 ONLY

10:00 WII BOWLING

10:00 QUILTING WITH PAT- NOV 7, 14, 21 ONLY

10:15 SPARKETTES PRACTICE

11:00 CONVERSATIONS WITH BETTY -  
Nov 7 ONLY

11:30 FOODSHARE - NOV 14 ONLY

12:00 LUNCH

12:30 POWER OF AGING

1:00 BRIDGE

1:00 JEWELRY

1:00 BASIC WORD - NOV 14 & 16 ONLY

1:00 ADVANCED WORD - NOV 19 & 21 ONLY

2:00 YOGA WITH SHARON

2:30 WII BOWLING

6:30 CAREGIVER'S SUPPORT GROUP -  
NOV 21 ONLY

## FRIDAYS

10:00 - NOON SCRABBLE

10:00 PHOTO CLUB -NOV 1 & NOV 15 ONLY

## 10:00 KNITTING & CROCHETING

12:00 LUNCH

1:00 ART STUDIO

1:00 DUPLICATE BRIDGE - NOV 15 ONLY

1:30 SMILING SENIORS - NOV 8 ONLY

**DID YOU MISS THE OCTOBER 22ND  
"MEET THE CANDIDATES NIGHT"  
IN MANSFIELD?**



**YOU CAN WATCH IT  
ON-LINE AT:**

**HTTP://TOWNHALLSTREAMS.COM/LOCATIONS/  
MANSFIELD-CT.**

**UNDER "PREVIOUS" IN LOWER LEFT CORNER,  
CLICK ON: OCTOBER,  
& THEN CLICK ON:  
MANSFIELD CANDIDATES NIGHT (LWV).**

## COMING EVENTS AT THE MANSFIELD SENIOR & WELLNESS CENTER

**HOLIDAY CLOSINGS: MONDAY, NOVEMBER 11 (VETERANS DAY)  
THURSDAY & FRIDAY, NOVEMBER 28 & 29 (THANKSGIVING)**

**MEDICARE OPEN ENROLLMENT IS OCT 15 TO DEC 7**

**MSCA HOLIDAY BAZAAR: SATURDAY, DECEMBER 7**

## “HOW TO DIE IN OREGON” FILM: WEDNESDAY, DECEMBER 11

**YOU CAN PICK UP THE CALENDAR IN ITS ORIGINAL FORMAT AT THE FRONT DESK OF THE MANSFIELD SENIOR & WELLNESS CENTER.**

**NOTE: CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE.**



**KEEP INFORMED ABOUT  
TOWN OF MANSFIELD  
NEWS VIA E-MAIL**

1. **GO TO [WWW.MANSFIELDCT.GOV](http://WWW.MANSFIELDCT.GOV).**
2. **SELECT "E-MAIL NOTIFICATIONS."**
3. **UNDER 'MANSFIELD QNOTIFY E-MAIL LISTS', TYPE IN YOUR EMAIL ADDRESS.**
4. **SELECT THE INFORMATION YOU WOULD LIKE TO RECEIVE, SUCH AS TOWN COUNCIL MINUTES & AGENDAS, MANSFIELD MINUTES, TOWN PRESS RELEASES, LIBRARY ADULT PROGRAMS, ETC.**
5. **CLICK ON "JOIN."**

**SENIOR SPARKS**

Mansfield Senior & Wellness Center  
303 Maple Road  
Storrs Mansfield, Connecticut 06268  
860-429-0262



NON-PROFIT ORGANIZATION  
PRE-SORT STANDARD #57  
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STORRS MANSFIELD, CT 06268

Occupant or

PLACE TOP OF LABEL  
BY THE DARK LINE

COMPUTER CLASSES - PAGE 5

HEARING TESTS STUDY - PAGE 4

"HOW TO DIE IN OREGON" FILM - PAGE 9

MANSFIELD QNOTIFY E-MAILS - PAGE 11

MEDICARE - PAGE 6

MEET THE CANDIDATES - PAGE 11

NOVEMBER ELECTION - PAGE 10

SENIOR DISCOUNTS - PAGE 5

SENIOR VAN TRIPS - PAGE 7

TRIPS - PAGE 8

Note the expiration date on your mailing label.  
If it is underlined in pink, your subscription has expired.

PLEASE RENEW MY *SPARKS SUBSCRIPTION*  
(Covers period July 1, 2013, to June 30, 2014)  
(PLEASE PRINT)

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